

## Nutrition

### Policy Builder Prompts (QR 3 – 5)

PROMPTS	WRITER'S TIPS
What are your program's policies on serving food with fats, sugars, and salt?	<p>Writer's Tips and Think Abouts</p> <ul style="list-style-type: none"> <li>~ Does your program limit the amount of sugar children are allowed to eat? How? Are sugary foods allowed on special occasions?</li> <li>~ Does your program limit the amount of fats and salts children are allowed to eat? How?</li> </ul>
How do you ensure that the meals and snacks children receive are nutritious and well balanced?	<p>Writer's Tips and Think Abouts</p> <p>Explain how your program manages nutritious snacks and meals.</p> <p>For example:</p> <ul style="list-style-type: none"> <li>~ Our program provides all snacks and meals.</li> <li>~ Our program provides snacks, but families are expected to provide meals.</li> <li>~ Our program accommodates the special dietary needs of all the children enrolled.</li> <li>~ Families are expected to provide all snacks and meals.</li> </ul>
What do you do if food provided from a child's home is not nutritious or well balanced?	<p>Writer's Tips and Think Abouts</p> <ul style="list-style-type: none"> <li>~ Does your program supplement or substitute foods children bring from home with healthy food choices?</li> </ul>

PROMPT	WRITER'S TIPS
<p>Explain any other policies your program has related to healthy food and nutrition.</p>	<p>Writer's Tips and Think Abouts</p> <ul style="list-style-type: none"> <li>~ What is most important for families to know about your program's food and nutrition policies and procedures?</li> <li>~ How does your program manage any special dietary needs or allergies a child might have?</li> <li>~ Does your program observe children eating to be able to provide information to families?</li> <li>~ How does your program encourage children to try new foods?</li> </ul>